

COLCHESTER OPEN MEET 2017 WARM UP SCHEDULE

SIGNING IN – Swimmers must sign in for each event they wish to compete in during the following times.

Session One - 07.15 - 07.45 hrs

Session Two – 07.15 -10.15 hrs

Session Three – 13.15 -14.15 hrs

WARM UP STARTS 08.00 – 08.30 SESSION ONE

10.00 -11.00 SESSION TWO

14.00 - 15.00 SESSION THREE.

THERE WILL BE **FOUR 14 MIN** WARM UP SESSIONS.

All lanes shall become sprint lanes 5 mins before the end of each part of the warm –up session.

Coaches from each visiting club **must** be present at the ends of lanes to supervise their swimmers during the warm up.

No club shall commence warm up until instructed to by the Head warm up Marshall.

No Diving at start of warm up.

Entry to warm up shall be made at the shallow end of each lane.

LANES 1,3,5 WILL SWIM IN A **CLOCKWISE** DIRECTION

LANES 2, 4, 6 WILL SWIM IN AN **ANTI – CLOCKWISE** DIRECTION

SESSION 1 WARM UP 8AM – 8.30AM

08.00- 08.14

ALL BOYS and GIRLS AGED 14+

08.15- 08.29

GIRLS AGED 13 AND UNDER

SESSION 2 WARM UP 10.00 -11.00AM

10.00 -10.14	Girls 9/10 and Boys aged 9
10.15 - 10.29	Girls aged 11, Boys aged 10/11
10.30 -10.44	Girls aged 12, Boys aged 12/13
10.44 -10.59	Girls aged 13+, Boys aged 14 +

SESSION 3 WARM UP 14.00 -15.00

14.00 -14.14	Girls 9/10 and Boys aged 9
14.15 - 14.29	Girls aged 11, Boys aged 10/11
14.30-14.44	Girls aged 12, Boys aged 12/13
14.44-14.59	Girls aged 13+, Boys aged 14 +